

“
Innovative
cosmetic concepts
UPCYCLING



Smart & Clean
100% NATURAL
”

“
Mediterranean
Vegan
SUPERFOOD



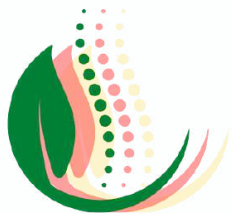
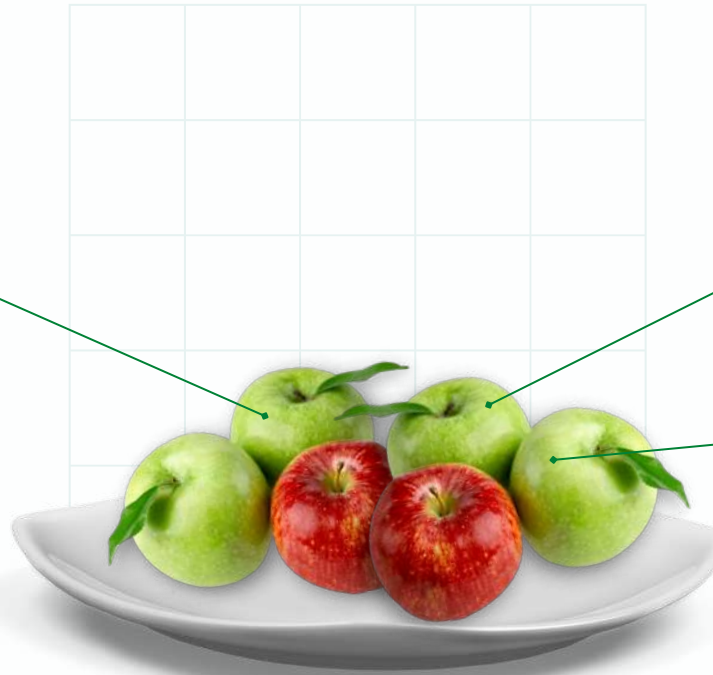
UP apple[®]
Food grade

ATANOR
We UPCYCLE

**Microbiome
Ingredient**

**Weight loss
Ingredient**

**Antioxidant
Ingredient**



UP powders[®]
IN & OUT active solutions



Food grade

PRODUCT CODE:	MAN - 02(F)
LEGAL DENOMINATION:	<i>Malus domestica</i>
APPEARANCE:	Yellowish green powder
FLAVOUR:	Slightly acid
FRAGRANCE:	Acid

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1102 kJ/268 kcal
FATS	4 g
OF WHICH SATURATED	1,3 g
CARBOHYDRATES	16,1 g
OF WHICH SUGARS	1,2 g
DIETARY FIBRE	63,8 g
PROTEINS	10 g
SALT	0,48 g

Reference

Feng S, Yi J, Li X, Wu X, Zhao Y, Ma Y, Bi J. Systematic Review of Phenolic Compounds in Apple Fruits: Compositions, Distribution, Absorption, Metabolism, and Processing Stability. *J Agric Food Chem.* 2021 Jan 13
Krishnasamy S, Lomer MCE, Marciani L, Hoad CL, Pritchard SE, Paul J, Gowland PA, Spiller RC. Processing Apples to Puree or Juice Speeds Gastric Emptying and Reduces Postprandial Intestinal Volumes and Satiety in Healthy Adults. *J Nutr.* 2020 Nov 19
Gayer BA, Avendano EE, Edelson E, Nirmala N, Johnson EJ, Raman G. Effects of Intake of Apples, Pears, or Their Products on Cardiometabolic Risk Factors and Clinical Outcomes: A Systematic Review and Meta-Analysis. *Curr Dev Nutr.* 2019 Oct 3

Atanor 118, Ltd.
Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



RICH IN VITAMIN C, VITAMINS E, B1&B6

Antioxidant, tissue development, protein metabolism

WEIGHT LOSS SUPPORT

Great amount of fibers and water, anti obesity effect of polyphenols

DIABETES PREVENTION INGREDIENT

Quercetin and phloridzin

GUT HEALTH INGREDIENT

Pectin supports regulation of good bacteria

ANTIOXIDANT PROTECTION

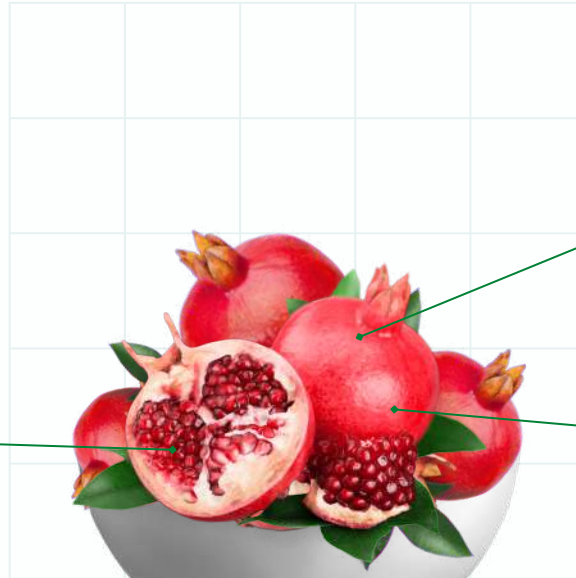


UPgrenade[®]

Food grade

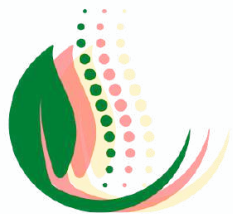


**Autophagy
activation
Ingredient**



**Vitamin RICH
Ingredient**

**Health & Exercise
Ingredient**



UPowders[®]

IN & OUT active solutions



UPgrenade®

Food grade

Product description

PRODUCT CODE:	GRA - 02(F)
LEGAL DENOMINATION:	<i>Punica Granatum</i>
APPEARANCE:	Brown redish powder
FLAVOUR:	Slightly sweet
FRAGRANCE:	Sweet and fruity

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1257 kJ/300 kcal
FATS	1,4 g
OF WHICH SATURATED	0,4 g
CARBOHYDRATES	53 g
OF WHICH SUGARS	19,2 g
DIETARY FIBRE	31 g
PROTEINS	3,3 g
SALT	0,7 g

Reference

Cao Y, Chen J, Ren G, Zhang Y, Tan X, Yang L. Punicalagin Prevents Inflammation in LPS-Induced RAW264.7 Macrophages by Inhibiting FoxO3a/Autophagy Signaling Pathway. *Nutrients*. 2019 Nov 15

Razani Z, Dastani M, Kazerani HR. Cardioprotective Effects of Pomegranate (*Punica granatum*) Juice in Patients with Ischemic Heart Disease. *Phytother Res*. 2017 Nov;31

Trexler ET, Smith-Ryan AE, Melvin MN, Roelofs EJ, Wingfield HL. Effects of pomegranate extract on blood flow and running time to exhaustion. *Appl Physiol Nutr Metab*. 2014 Sep

Kujawska M, Jourdes M, Kurpik M, Szulc M, Szaefer H, Chmielarz P, Kreiner G, Krajka-Kuźniak V, Mikołajczak PL, Teissedre PL, Jodynis-Liebert J. Neuroprotective Effects of Pomegranate Juice against Parkinson's Disease and Presence of Ellagitannins-Derived Metabolite-Urolithin A-In the Brain. *Int J Mol Sci*. 2019 Dec 27

Atanor 118, Ltd.

Fontcoberta 31, Barcelona, Spain

atanor118.es



Food supplement benefits



RICH IN VITAMIN C AND FOLATE

32% of the daily value Vitamin C

27% of the daily value Folate

HEALTH SUPPORT

Highly antioxidant activity

ANTIINFLAMMATORY ACTIVITY

AUTOPHAGY ACTIVATION

The studies on punicalagins compounds

CARDIOPROTECTIVE EFFECTS

The studies on polyphenolic compounds

IMPROVING EXERCISE ENDURANCE UNTIL 12%

MENTAL HEALTH PROTECTIVE

The studies on ellagitannins compounds

B2B INFORMATION DISCLAIMER/ The information in this publication is given in good faith by ATANOR 118 by way of general guidance and for reference purposes only. The information should not be construed as granting a license to practice any methods or compositions of matter covered by patents. ATANOR 118 assumes no liability in relation to the information and gives no warranty regarding the suitability of the product and/or ingredients described for a particular use. The use made of the product and/or ingredients described by the recipient and any claims or representations made by the recipient in respect of such product and/or ingredients are the responsibility of the recipient. The recipient is solely responsible for ensuring that products marketed to consumers comply with all relevant laws and regulations.





UP carob®

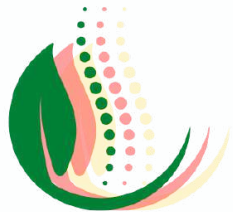
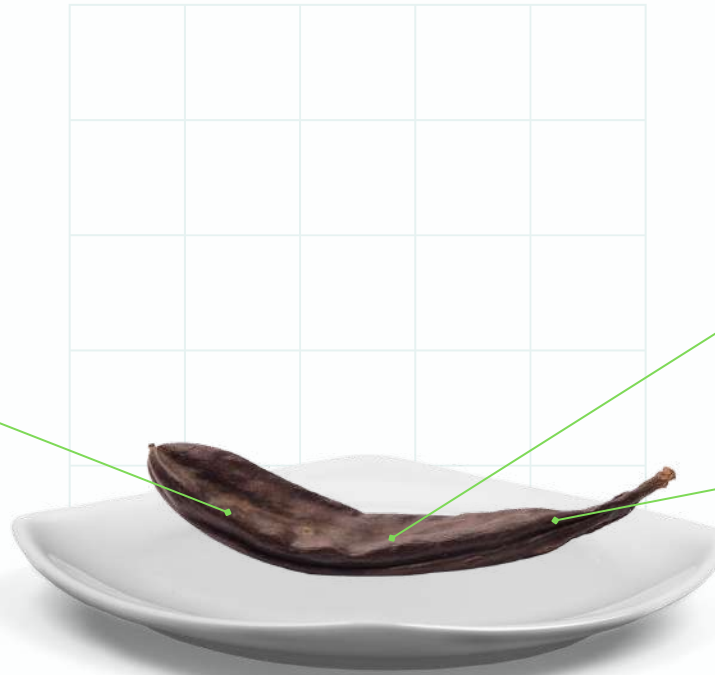
Food grade



**Immunity boost
Ingredient**

**Nutrient variety-
low calorie
Ingredient**

**Antimicrobial
Ingredient**



UP powders®

IN & OUT active solutions

UP carob®

Food grade

Product description

PRODUCT CODE:	ALG - 02(F)
LEGAL DENOMINATION:	<i>Ceratonia siliqua</i>
APPEARANCE:	Brown powder
FLAVOUR:	Intense
FRAGRANCE:	Intense

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1568 kJ/369 kcal
FATS	1,4 g
OF WHICH SATURATED	0,3 g
CARBOHYDRATES	83,1 g
OF WHICH SUGARS	10,1 g
DIETARY FIBRE	57,6 g
PROTEINS	6,1 g
SALT	0,3 g

Reference

Goulas V, Stylos E, Chatziathanasiadou MV, Mavromoustakos T, Tzakos AG. Functional Components of Carob Fruit: Linking the Chemical and Biological Space. Int J Mol Sci. 2016 Nov 10;17(11):1875. doi: 10.3390/ijms17111875. PMID: 27834921; PMCID: PMC5133875.

Rtibi K, Jabri MA, Selmi S, Souli A, Sebai H, El-Benna J, Amri M, Marzouki L. Gastroprotective effect of carob (*Ceratonia siliqua* L.) against ethanol-induced oxidative stress in rat. BMC Complement Altern Med. 2015 Aug 20;15:292. doi: 10.1186/s12906-015-0819-9. PMID: 26289579; PMCID: PMC4546091.

Atanor 118, Ltd.

**Fontcoberta 31,
Barcelona, Spain
atanor118.es**



Food supplement benefits



RICH IN BIOACTIVE INGREDIENTS

**HIGH FREE RADICAL
SCAVENGING ACTIVITY**

Protection of gastric mucosa

CHOCK-FULL OF PHYTOCHEMICALS

Caffeic, Hydroxybenzoic, Chlorogenic, Cinnamic,
Coumarin, Ferulic, Gallic acid etc.

BODY WEIGHT CONTROL INGREDIENT



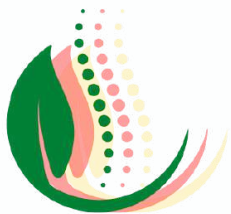
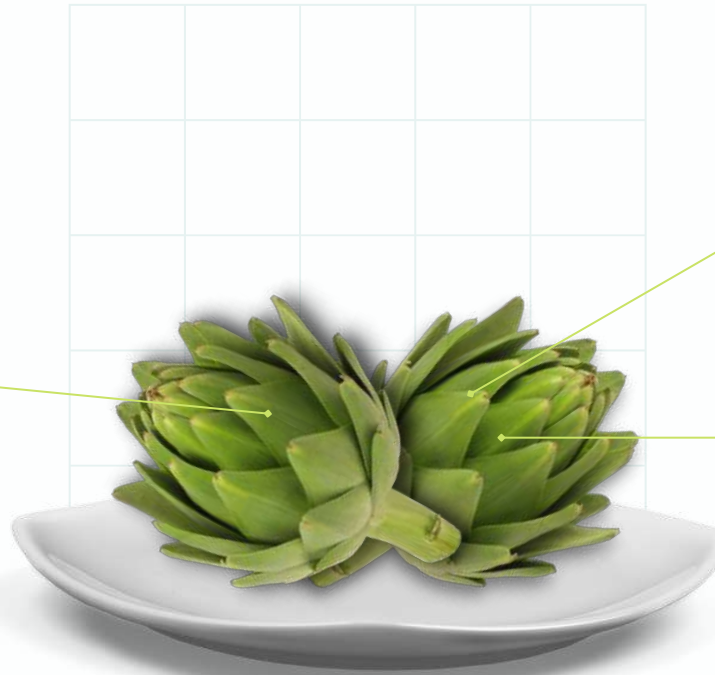
UPartichoke[®]
Food grade



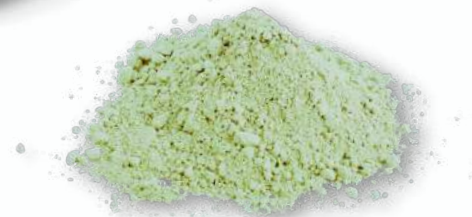
**Digestion
REGULATIVE
Ingredient**

**Nutrient SUPER
RICH Ingredient**

**Health BOOSTER
Ingredient**



UPowders[®]
IN & OUT active solutions



UPartichoke[®]

Food grade

Product description

PRODUCT CODE:	ALC - 02(F)
LEGAL DENOMINATION:	<i>Cynara Scolymus L.</i>
APPEARANCE:	Grey - green powder
FLAVOUR:	Slightly sweet
FRAGRANCE:	Sweet and fruity

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1060 kJ/256 kcal
FATS	0,3 g
OF WHICH SATURATED	0,3 g
CARBOHYDRATES	24,4 g
OF WHICH SUGARS	7,2 g
DIETARY FIBRE	53,6 g
PROTEINS	12,1 g
SALT	1,5 g

Reference

Ben Salem M, Affes H, Ksouda K, Dhoubi R, Sahnoun Z, Hammami S, Zeghal KM. Pharmacological Studies of Artichoke Leaf Extract and Their Health Benefits. *Plant Foods Hum Nutr.* 2015 Dec;70(4):441-53. doi: 10.1007/s11130-015-0503-8. PMID: 26310198.

Kraft K. Artichoke leaf extract - Recent findings reflecting effects on lipid metabolism, liver and gastrointestinal tracts. *Phytomedicine.* 1997 Dec;4(4):369-78. doi: 10.1016/S0944-7113(97)80049-9. PMID: 23195590. Roghani-Dehkordi F, Kamkhah AF. Artichoke leaf juice contains antihypertensive effect in patients with mild hypertension. *J Diet Suppl.* 2009;6(4):328-41. doi: 10.3109/19390210903280207. PMID: 22435514.

Negro D, Montesano V, Grieco S, Crupi P, Sarli G, De Lisi A, Sonnante G. Polyphenol compounds in artichoke plant tissues and varieties. *J Food Sci.* 2012 Feb;77(2):C244-52. doi: 10.1111/j.1750-3841.2011.02531.x. Epub 2012 Jan 17. PMID: 22251096

Atanor 118, Ltd.

Fontcoberta 31, Barcelona, Spain

atanor118.es



Food supplement benefits



RICH IN FIBERS, VITAMINS, MINERALS AND ANTIOXIDANTS

Folates, Vitamin C, Vitamin K, Magnesium, Phosphorus, Potassium and Iron

DIGESTIVE HEALTH

Helps reduce symptoms of indigestion: nausea, vomiting, gas, stomach pain

CHOLESTEROL REGULATION

Helps decrease the 'bad' LDL cholesterol, and helps process the cholesterol more efficiently.

LIVER HEALTH

Cynarin and silymarin help improve liver function

BLOOD PRESSURE REGULATION

Potassium helps regulate the blood pressure.



UPspinach[®]
Food grade



**High potency
antioxidant
Ingredient**

**Health Boost
Ingredient**

**Weight
management
Ingredient**



UPpowders[®]
IN & OUT active solutions

UPspinach®

Food grade

Product description

PRODUCT CODE:	ESP - 02(F)
LEGAL DENOMINATION:	<i>Spinacia Oleracea L.</i>
APPEARANCE:	Green powder
FLAVOUR:	Slightly sweet
FRAGRANCE:	Sweet and fruity

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	951 kJ/229 kcal
FATS	4,7 g
OF WHICH SATURATED	0,7 g
CARBOHYDRATES	3,6 g
OF WHICH SUGARS	3,5 g
DIETARY FIBRE	34,7 g
PROTEINS	25,8 g
SALT	5,75 g

Reference

Ko SH, Park JH, Kim SY, Lee SW, Chun SS, Park E. Antioxidant Effects of Spinach (*Spinacia oleracea* L.) Supplementation in Hyperlipidemic Rats. *Prev Nutr Food Sci.* 2014;Jan;19

Tang Y, Jjiang H, Bryan NS. Nitrite and nitrate: cardiovascular risk-benefit and metabolic effect. *Curr Opin Lipidol.* 2011 Feb;22

Boots AW, Haenen GR, Bast A. Health effects of quercetin: from antioxidant to nutraceutical. *Eur J Pharmacol.* 2008 May 13
Guangwen Tang, Chapter 25 - Spinach and Carrots: Vitamin A and Health, Editor(s): Ronald Ross Watson, Victor R. Preedy, Bioactive Foods in Promoting Health, Academic Press, 2010

Atanor 118, Ltd.
Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



HIGH FIBER SOURCE

Digestion regulation

HIGH IN PROTEINS, LOW IN SUGARS

Weight management ingredient

RICH VITAMIN & MINERAL SOURCE

Carotenoids, Vitamin C, Vitamin K, Folic acid, Iron and Calcium

HEALTH BOOST

Lutein, Kaempferol, Nitrates, Quercetin and Zeaxanthin

HIGH POTENCY ANTIOXIDANT



UPlemoneco[®]

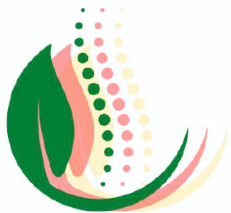
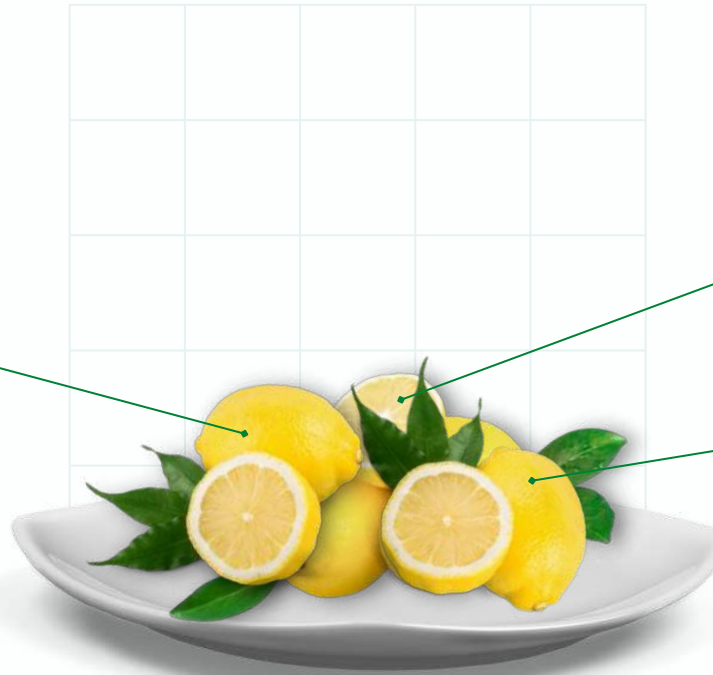
Food grade



**Control weight
Ingredient**

**Anemia control
Ingredient**

**Vitamin C
Ingredient**



UPowders[®]

IN & OUT active solutions



Food grade

Product description

PRODUCT CODE:	LIME - 02(F)
LEGAL DENOMINATION:	<i>Citrus sp.</i>
APPEARANCE:	Yellow powder
FLAVOUR:	Slightly acid
FRAGRANCE:	Acid

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1119 kJ/269 kcal
FATS	1,2 g
OF WHICH SATURATED	0,2 g
CARBOHYDRATES	34,6 g
OF WHICH SUGARS	14,7 g
DIETARY FIBRE	48,3 g
PROTEINS	5,9 g
SALT	0,35 g

Reference

Chanet A, Milenkovic D, Manach C, Mazur A, Morand C. Citrus flavanones: what is their role in cardiovascular protection? J Agric Food Chem. 2012 Sep
Alam MA, Subhan N, Rahman MM, Uddin SJ, Reza HM, Sarker SD. Effect of citrus flavonoids, naringin and naringenin, on metabolic syndrome and their mechanisms of action. Adv Nutr. 2014 Jul
Alam MA, Subhan N, Rahman MM, Uddin SJ, Reza HM, Sarker SD. Effect of citrus flavonoids, naringin and naringenin, on metabolic syndrome and their mechanisms of action. Adv Nutr. 2014 Jul

Atanor 118, Ltd.
Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



HEART HEALTH SUPPORT

51 % OF DAILY VALUE OF VITAMIN C

Hesperidin and Diosmin, compounds that help lower cholesterol

CONTROL WEIGHT INGREDIENT

Lemon polyphenols, naringin and naringenin

ANEMIA PROTECTION

Improving the absorption of iron from plant foods

IMPROVES DIGESTIVE HEALTH

Pectin, soluble fiber linked to multiple health benefits



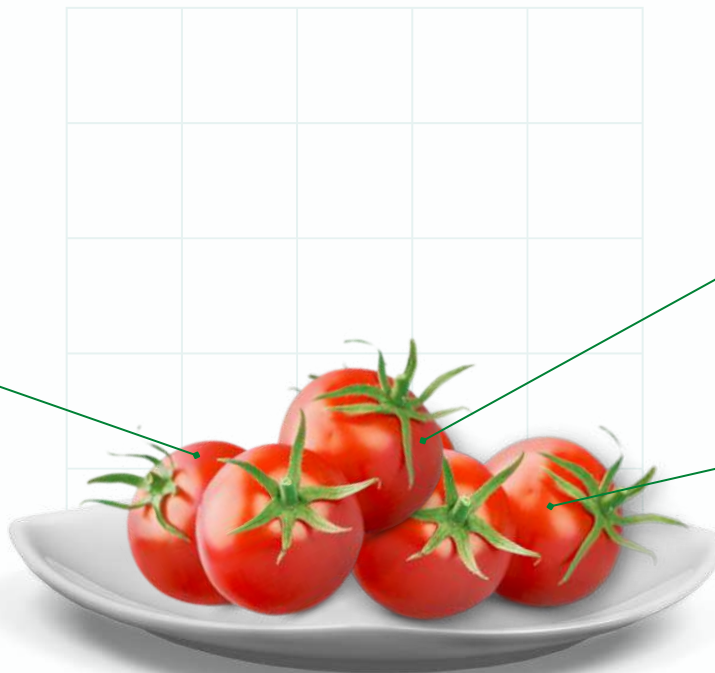
UP tomato[®]
Food grade

ATANOR
We UPCYCLE

**Skin health
Ingredient**

**Antioxidant
Ingredient**

**Antiinflammatory
Ingredient**



UP powders[®]
IN & OUT active solutions



Food grade

Product description

PRODUCT CODE:	TOM - 02(F)
LEGAL DENOMINATION:	<i>Solanum lycopersicum L.</i>
APPEARANCE:	Red powder
FLAVOUR:	Sweet
FRAGRANCE:	Sweet

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1411 kJ/335 kcal
FATS	2,7 g
OF WHICH SATURATED	0,5 g
CARBOHYDRATES	59,3 g
OF WHICH SUGARS	37,2 g
DIETARY FIBRE	15,3 g
PROTEINS	10,6 g
SALT	0,65 g

Reference

Stahl W, Heinrich U, Aust O, Tronnier H, Sies H. Lycopene-rich products and dietary photoprotection. Photochem Photobiol Sci. 2006 Feb;5

Karppi J, Laukkanen JA, Mäkkilä TH, Kurl S. Low serum lycopene and β -carotene increase risk of acute myocardial infarction in men. Eur J Public Health. 2012 Dec;22

Story EN, Kopec RE, Schwartz SJ, Harris GK. An update on the health effects of tomato lycopene. Annu Rev Food Sci Technol. 2010

Atanor 118, Ltd.
Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



WATER AND FIBERS RICH

VITAMIN C, POTASSIUM, VITAMIN K, FOLATE

LYCOPENE

Antioxidant.

BETA CAROTENE

Photo protection.

NARINGENIN

Anti inflammatory

CHLOROGENIC ACID

Heart health.

SKIN HEALTH



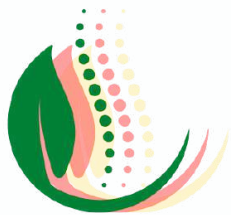
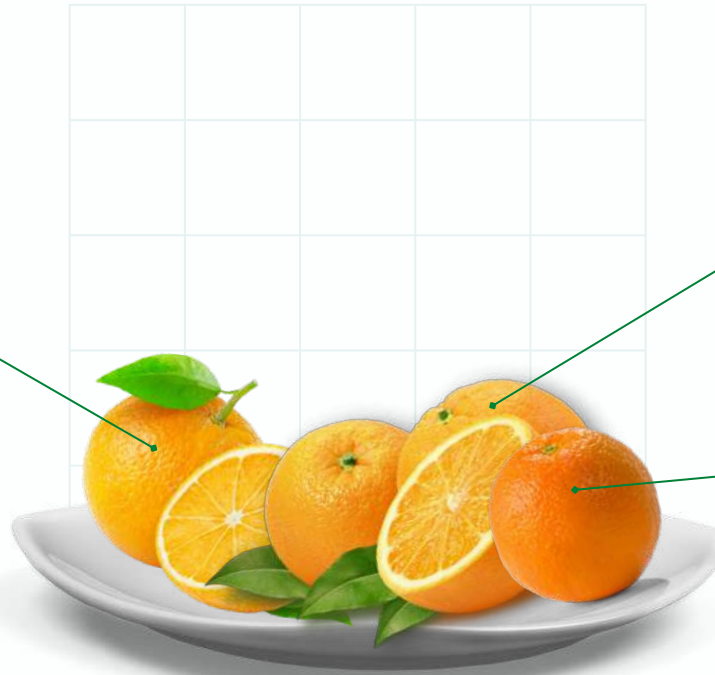
UP orange[®]
Food grade



**Antiinflammatory
Ingredient**

**Immunity boost
Ingredient**

**Vitamin C
Ingredient**



UP powders[®]
IN & OUT active solutions



UP orange[®]

Food grade

Product description

PRODUCT CODE:	NAR - 02(F)
LEGAL DENOMINATION:	<i>Citrus sp.</i>
APPEARANCE:	Orange powder
FLAVOUR:	Slightly bitter or sweet
FRAGRANCE:	Fruity

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1340 kJ/318 kcal
FATS	0,9 g
OF WHICH SATURATED	0,2 g
CARBOHYDRATES	60 g
OF WHICH SUGARS	32,5 g
DIETARY FIBRE	23,7 g
PROTEINS	5,7 g
SALT	0,3 g

Reference

Burri BJ. Beta-cryptoxanthin as a source of vitamin A. J Sci Food Agric. 2015 Jul;
Carr AC, Maggini S. Vitamin C and Immune Function. Nutrients. 2017 Nov 3
Iddir M, Brito A, Dingo G, Fernandez Del Campo SS, Samouda H, La Frano MR, Bohn T. Strengthening the Immune System and Reducing Inflammation and Oxidative Stress through Diet and Nutrition: Considerations during the COVID-19 Crisis. Nutrients. 2020 May 27

Atanor 118, Ltd.

**Fontcoberta 31,
Barcelona, Spain
atanor118.es**



Food supplement benefits



GREAT SOURCE OF FIBER, VITAMIN C AND FOLATE

Support immunity function, Iron absorption and metabolism balance.

ANTIINFLAMMATORY & ANTIOXIDANT

Flavonoids; Hesperidin and Naringenin
Carotenoids; Beta-cryptoxanthin and Lycopene

IMMUNE HEALTH SUPPORT

CHRONIC DISEASE PROTECTION

B2B INFORMATION DISCLAIMER/ The information in this publication is given in good faith by ATANOR 118 by way of general guidance and for reference purposes only. The information should not be construed as granting a license to practice any methods or compositions of matter covered by patents. ATANOR 118 assumes no liability in relation to the information and gives no warranty regarding the suitability of the product and/or ingredients described for a particular use. The use made of the product and/or ingredients described by the recipient and any claims or representations made by the recipient in respect of such product and/or ingredients are the responsibility of the recipient. The recipient is solely responsible for ensuring that products marketed to consumers comply with all relevant laws and regulations.



UP broccoli[®]

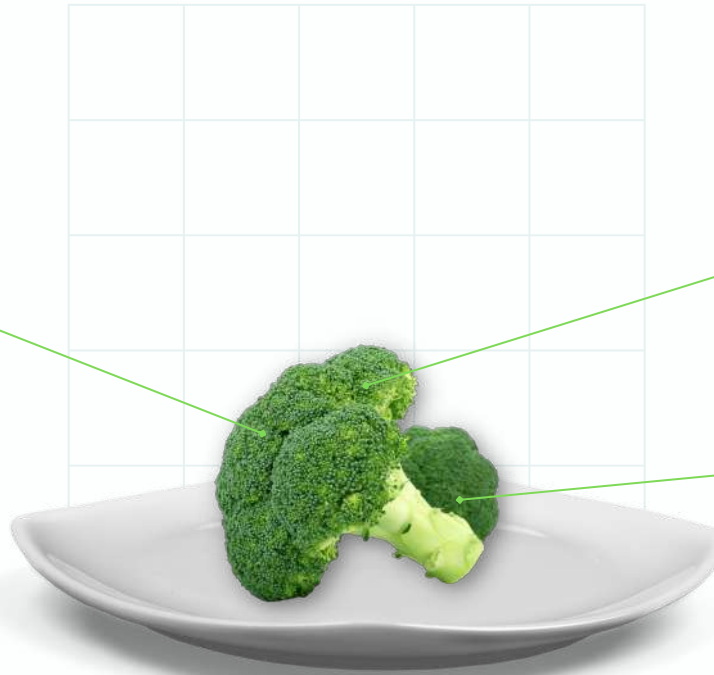
Food grade



**Detox
Ingredient**

**Rich nutrient-
low calorie
Ingredient**

**Antiinflammatory
Ingredient**



UP powders[®]

IN & OUT active solutions



UP broccoli®

Food grade

Product description

PRODUCT CODE:	BRO - 02(F)
LEGAL DENOMINATION:	<i>Brassica Oleracea L.</i>
APPEARANCE:	Green powder
FLAVOUR:	Slightly sweet
FRAGRANCE:	Sweet and fruity

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1015 kJ/244 kcal
FATS	2 g
OF WHICH SATURATED	0,4 g
CARBOHYDRATES	20,3 g
OF WHICH SUGARS	1,5 g
DIETARY FIBRE	42,8 g
PROTEINS	14,9 g
SALT	2,5 g

Reference

Yuan GF, Sun B, Yuan J, Wang QM. Effects of different cooking methods on health-promoting compounds of broccoli. J Zhejiang Univ Sci B. 2009 Aug
Dinkova-Kostova AT, Kostov RV. Glucosinolates and isothiocyanates in health and disease. Trends Mol Med. 2012 Jun;18
James D, Devaraj S, Bellur P, Lakkanna S, Vicini J, Boddupalli S. Novel concepts of broccoli sulforaphanes and disease: induction of phase II antioxidant and detoxification enzymes by enhanced-glucoraphanin broccoli. Nutr Rev. 2012 Nov

Atanor 118, Ltd.

Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



DETOX INGREDIENT

Detoxifying carcinogens in the body and liver detoxification

HEALTHY INFLAMMATORY RESPONSE

CELLULAR PROTECTION

ANTIOXIDANT

REGENERATION

RICH NUTRIENT

Vitamin C, K, Iron & Potassium
High protein values, no fat and 90% of water



UPpakchoi[®]
Food grade

ATANOR
We UPCYCLE

**Bone health
Ingredient**

**Weight
management
Ingredient**

**Antioxidant
Ingredient**



UPpowders[®]
IN & OUT active solutions



UPpakchoi®

Food grade

Product description

PRODUCT CODE:	PAK - 02(F)
LEGAL DENOMINATION:	<i>Brassica Rapa</i>
APPEARANCE:	Green brownish powder
FLAVOUR:	Slightly sweet
FRAGRANCE:	Sweet and fruity

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1244 kJ/296 kcal
FATS	2,7 g
OF WHICH SATURATED	0,5 g
CARBOHYDRATES	43,9 g
OF WHICH SUGARS	16,2 g
DIETARY FIBRE	21,7 g
PROTEINS	13,2 g
SALT	3,75 g

Reference

Amarowicz R, Pegg RB. Natural antioxidants of plant origin. *Adv Food Nutr Res.* 2019
Lottenberg AM, Fan PL, Buonacorso V. Effects of dietary fiber intake on inflammation in chronic diseases. *Einstein (Sao Paulo).* 2010 Jun;8(2):254-8. English, Portuguese. doi: 10.1590/S1679-45082010MD1310. PMID: 26760015.
Houston MC, Harper KJ. Potassium, magnesium, and calcium: their role in both the cause and treatment of hypertension. *J Clin Hypertens (Greenwich).* 2008 Jul;10(7 Suppl 2):3-11. doi: 10.1111/j.1751-7176.2008.08575.x. PMID: 18607145; PMCID: PMC8109864.

Atanor 118, Ltd.

Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



VITAMINS C & K

ANTIOXIDANT RICH

SUPPORTS THYROID FUNCTION

BONE HEALTH INGREDIENT

Combination of calcium, phosphorus, zinc and magnesium.

WEIGHT MANAGEMENT INGREDIENT

Low calories, great source of fibers.



UPcarrot[®]

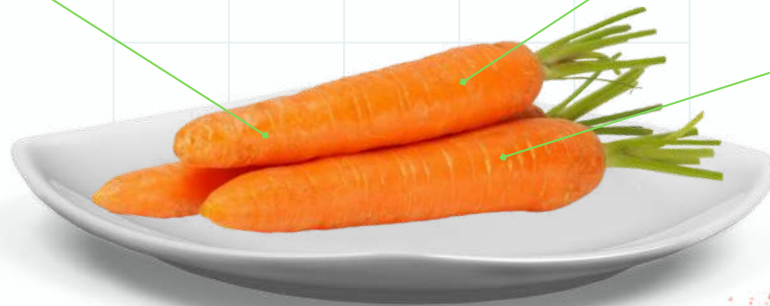
Food grade



**Eye health
Ingredient**

**Low GI
Ingredient**

**Sun protection
Ingredient**



UPpowders[®]

IN & OUT active solutions

UPcarrot®

Food grade

Product description

PRODUCT CODE:	ZAN - 02(F)
LEGAL DENOMINATION:	<i>Daucus carota</i>
APPEARANCE:	Orange powder
FLAVOUR:	Slightly sweet
FRAGRANCE:	Soft

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1356 kJ/322 kcal
FATS	2,7 g
OF WHICH SATURATED	0,8 g
CARBOHYDRATES	59,3 g
OF WHICH SUGARS	37,3 g
DIETARY FIBRE	16,8 g
PROTEINS	6,7 g
SALT	3,25 g

Reference

Nicolle C, Cardinault N, Aprikian O, Busserolles J, Grolier P, Rock E, Demigné C, Mazur A, Scalbert A, Amouroux P, Rémésy C. Effect of carrot intake on cholesterol metabolism and on antioxidant status in cholesterol-fed rat. Eur J Nutr. 2003 Oct

Tanumihardjo SA. Vitamin A: biomarkers of nutrition for development. Am J Clin Nutr. 2011 Aug

Rodríguez-Concepción M, Stange C. Biosynthesis of carotenoids in carrot: an underground story comes to light. Arch Biochem Biophys. 2013 Nov 15

Atanor 118, Ltd.

Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



10% CARBS; STARCH, FIBER AND SIMPLE SUGARS

Good ingredient for dieting.

LOW GLYCEMIC INDEX

BEST KNOWN FOR CAROTENE

SUN PROTECTION INGREDIENT

SUPPORTS EYE HEALTH

LOWERS BLOOD CHOLESTEROL



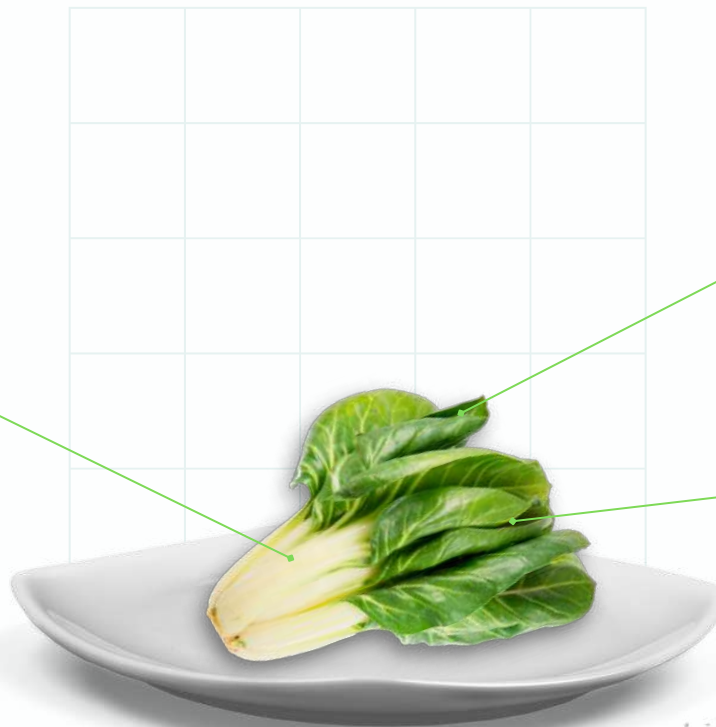
UPchard[®]
Food grade



**Antioxidant
Ingredient**

**Low calories
Ingredient**

**Insulin regulation
Ingredient**



UPpowders[®]
IN & OUT active solutions



Food grade

Product description

PRODUCT CODE:	ACE - 02(F)
LEGAL DENOMINATION:	<i>Beta vulgaris var. cicla</i>
APPEARANCE:	Green powder
FLAVOUR:	Intense
FRAGRANCE:	Intense

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	940 kJ/277 kcal
FATS	3 g
OF WHICH SATURATED	0,5 g
CARBOHYDRATES	10,6 g
OF WHICH SUGARS	6,6 g
DIETARY FIBRE	39,6 g
PROTEINS	19,5 g
SALT	20,25 g

Reference

Huang D. Dietary Antioxidants and Health Promotion. Antioxidants (Basel). 2018 Jan 12;7(1):9. doi: 10.3390/antiox7010009. PMID: 29329195; PMCID: PMC5789319.

Miketinas DC, Bray GA, Beyl RA, Ryan DH, Sacks FM, Champagne CM. Fiber Intake Predicts Weight Loss and Dietary Adherence in Adults Consuming Calorie-Restricted Diets: The POUNDS Lost (Preventing Overweight Using Novel Dietary Strategies) Study. J Nutr. 2019 Oct

Toh DWK, Koh ES, Kim JE. Incorporating healthy dietary changes in addition to an increase in fruit and vegetable intake further improves the status of cardiovascular disease risk factors: A systematic review, meta-regression, and meta-analysis of randomized controlled trials. Nutr Rev. 2020

Atanor 118, Ltd.

Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



LOW CALORIES

**RICH IN MAGNESIUM, IRON,
POTASSIUM, VITAMINS A, K, C**

WEIGHT MANAGEMENT INGREDIENT

ANTIOXIDANT

INSULIN REGULATION



UPkale[®]

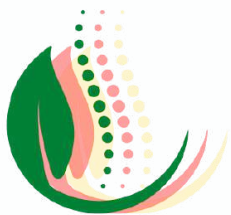
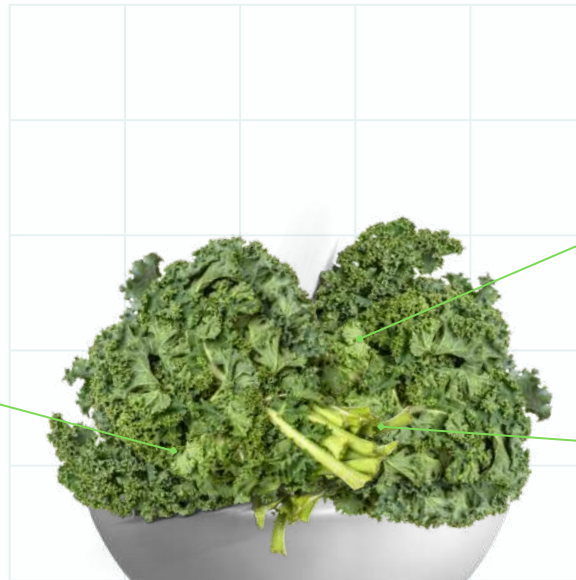
Food grade



**Eye protective
Ingredient**

**High in Nutrients
Low calories
Ingredient**

**Weight
management
Ingredient**



UPpowders[®]

IN & OUT active solutions



Food grade

Product description

PRODUCT CODE:	KAL - 02(F)
LEGAL DENOMINATION:	<i>Brassica Oleracea sabellica</i>
APPEARANCE:	Green powder
FLAVOUR:	Slightly sweet
FRAGRANCE:	Sweet and fruity

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1022 kJ/247 kcal
FATS	4,2 g
OF WHICH SATURATED	0,6 g
CARBOHYDRATES	9,6 g
OF WHICH SUGARS	8,1 g
DIETARY FIBRE	43,9 g
PROTEINS	20,7 g
SALT	4 g

Reference

Larson AJ, Symons JD, Jalili T. Therapeutic potential of quercetin to decrease blood pressure: review of efficacy and mechanisms. *Adv Nutr.* 2012 Jan;3

Calderón-Montaño JM, Burgos-Morón E, Pérez-Guerrero C, López-Lázaro M. A review on the dietary flavonoid kaempferol. *Mini Rev Med Chem.* 2011 Apr;11

Delcourt C, Carrière I, Delage M, Barberger-Gateau P, Schalch W; POLA Study Group. Plasma lutein and zeaxanthin and other carotenoids as modifiable risk factors for age-related maculopathy and cataract: the POLA Study. *Invest Ophthalmol Vis Sci.* 2006 Jun

Rolls BJ, Roe LS, Beach AM, Kris-Etherton PM. Provision of foods differing in energy density affects long-term weight loss. *Obes Res.* 2005 Jun;13

Atanor 118, Ltd.
Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



SUPER NUTRIENT - DENSE FOOD

HIGH IN NUTRIENTS, LOW IN CALORIES

In 67g / 1 cup:

Vitamin A 206% of the daily value

Vitamin K 684% of the daily value

Vitamin C 134% of the daily value

HEALTH BOOSTER

Quercetin + Kaempferol + Vitamin C
Heart protective, blood pressure regulative, anti-inflammatory and antiviral ingredient

MINERALS RICH

Calcium, Magnesium and Potassium

EYES PROTECTION

Rich in Lutein and Zeaxanthin

WEIGHT MANAGEMENT INGREDIENT



UPpumpkin[®]

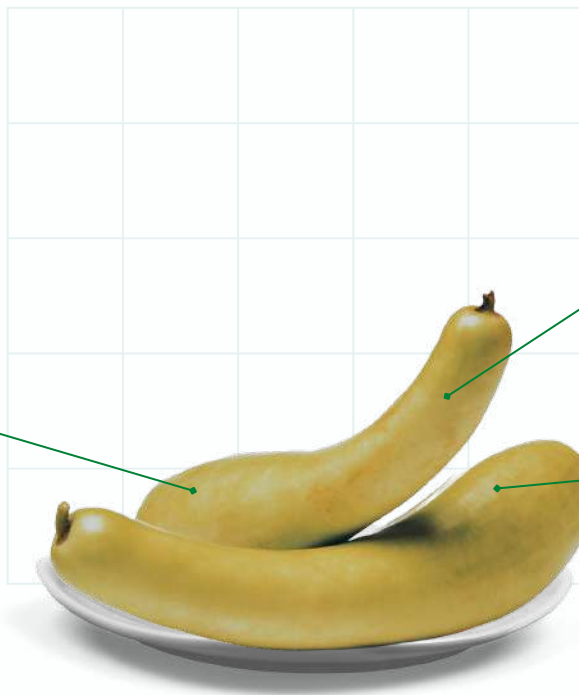
Food grade



Healthy skin
Ingredient

Antioxidant
Ingredient

Immunity boost
Ingredient



UPpowders[®]

IN & OUT active solutions



Food grade

Product description

PRODUCT CODE:	CAL - 02(F)
LEGAL DENOMINATION:	<i>Lageraria Siceraria</i>
APPEARANCE:	Yellow orange powder
FLAVOUR:	Sweet.
FRAGRANCE:	Sweet and fruity.

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1451 kJ/345 kcal
FATS	5,3 g
OF WHICH SATURATED	1,2 g
CARBOHYDRATES	48 g
OF WHICH SUGARS	28,1 g
DIETARY FIBRE	14,3 g
PROTEINS	19,1 g
SALT	0,33 g

Reference

Ami Ben-Amotz, Rachel Fishier, Analysis of carotenoids with emphasis on 9-cis β -carotene in vegetables and fruits commonly consumed in Israel, Food Chemistry, Volume 62, Issue 4, 1998,

Roberts RL, Green J, Lewis B. Lutein and zeaxanthin in eye and skin health. Clin Dermatol. 2009 Mar-Apr;27(2):195-201. doi: 10.1016/j.clindermatol.2008.01.011. PMID: 19168000.

Maggini S, Wintergerst ES, Beveridge S, Hornig DH. Selected vitamins and trace elements support immune function by strengthening epithelial barriers and cellular and humoral immune responses. Br J Nutr. 2007 Oct;98 Suppl 1:S29-35. doi: 10.1017/S0007114507832971. PMID: 17922955.

Atanor 118, Ltd.

Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



HIGHLY NUTRITIOUS

VITAMIN A RICH

245% of the daily value of the Vitamin A

HIGH ANTIOXIDANT CONTENT

IMMUNITY BOOSTER

Vitamin C, Vitamin A and Vitamin E, Iron and Folates

PROMOTES HEALTHY SKIN

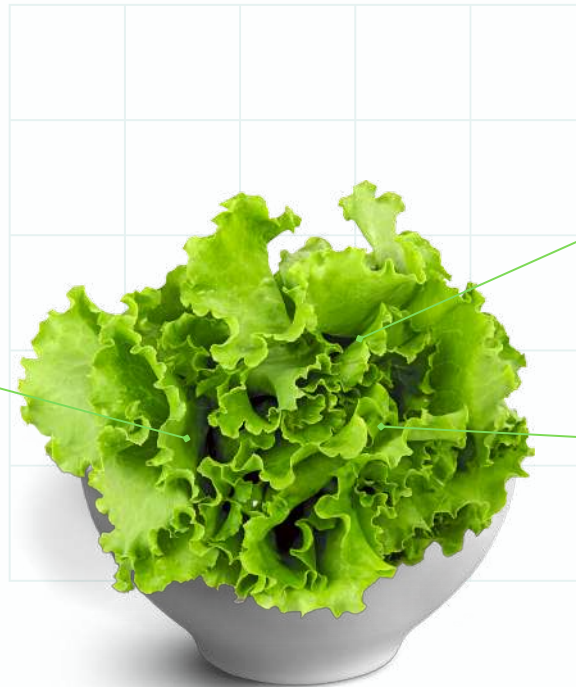


UP lettuce®
Food grade



**Hydration
Ingredient**

**Essential vitamin
Ingredient**



**Appetite
suppressive
Ingredient**



UP powders®
IN & OUT active solutions



UP lettuce®

Food grade

Product description

PRODUCT CODE:	LCH - 02(F)
LEGAL DENOMINATION:	<i>Lactuca sp.</i>
APPEARANCE:	Green powder
FLAVOUR:	Slightly bitter
FRAGRANCE:	Soft

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	931 kJ/223 kcal
FATS	0,4 g
OF WHICH SATURATED	0,4 g
CARBOHYDRATES	23,1 g
OF WHICH SUGARS	0,4 g
DIETARY FIBRE	34,8 g
PROTEINS	14,4 g
SALT	1,45 g

Reference

Rolls BJ, Roe LS, Beach AM, Kris-Etherton PM. Provision of foods differing in energy density affects long-term weight loss. *Obes Res.* 2005 Jun;13(6):1052-60. doi: 10.1038/oby.2005.123. PMID: 15976148. Vermeer C. Vitamin K: the effect on health beyond coagulation - an overview. *Food Nutr Res.* 2012;56. doi: 10.3402/fnr.v56i0.5329. Epub 2012 Apr 2. PMID: 22489224; PMCID: PMC3321262.

Qin Y, Xia M, Ma J, Hao Y, Liu J, Mou H, Cao L, Ling W. Anthocyanin supplementation improves serum LDL- and HDL-cholesterol concentrations associated with the inhibition of cholesteryl ester transfer protein in dyslipidemic subjects. *Am J Clin Nutr.* 2009 Sep;90(3):485-92. doi: 10.3945/ajcn.2009.27814. Epub 2009 Jul 29. PMID: 19640950.

Atanor 118, Ltd.

Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



**ESSENTIAL VITAMINS RICH,
LOW CALORIES**

HYDRATION SOURCE

96% of water

WEIGHT MANAGEMENT INGREDIENT

Great amount of the fibers, appetite stopper.

CHOLESTEROL LOWERING INGREDIENT

VITAMIN K RICH

149 % of daily value in 85 g of lettuce



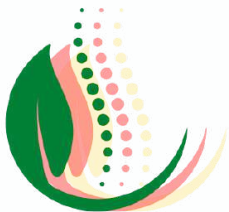
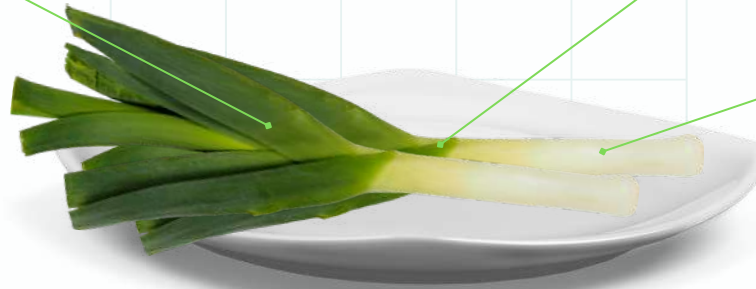
UPleek[®]
Food grade



**Immunity boost
Ingredient**

**Nutrient variety-
low calorie
Ingredient**

**Antimicrobial
Ingredient**



UPowders[®]
IN & OUT active solutions



Food grade

Product description

PRODUCT CODE:	PUE - 02(F)
LEGAL DENOMINATION:	<i>Allium ampeloprasum</i>
APPEARANCE:	Green yellowish powder
FLAVOUR:	Intense
FRAGRANCE:	Intense

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1241 kJ/296 kcal
FATS	1,4 g
OF WHICH SATURATED	0,4 g
CARBOHYDRATES	47,8 g
OF WHICH SUGARS	14,6 g
DIETARY FIBRE	26,7 g
PROTEINS	9,6 g
SALT	1,55 g

Reference

Calderón-Montaño JM, Burgos-Morón E, Pérez-Guerrero C, López-Lázaro M. A review on the dietary flavonoid kaempferol. *Mini Rev Med Chem.* 2011 Apr;11(4):298-344. doi: 10.2174/138955711795305335. PMID: 21428901.

Petroopoulos S, Di Gioia F, Ntatsi G. Vegetable Organosulfur Compounds and their Health Promoting Effects. *Curr Pharm Des.* 2017;23(19):2850-2875. doi: 10.2174/1381612823666170111100531. PMID: 28078991.

Penland JG, Johnson PE. Dietary calcium and manganese effects on menstrual cycle symptoms. *Am J Obstet Gynecol.* 1993 May;168(5):1417-23. doi: 10.1016/s0002-9378(11)90775-3. PMID: 8498421.

Atanor 118, Ltd.

Fontcoberta 31,
Barcelona, Spain
atanor118.es



Food supplement benefits



VARIETY OF NUTRIENTS

Carotenoids, Vitamin K1, Vitamin C, antioxidants, sulfur compounds.

IMMUNITY REGULATION

CELL COMUNICATION

TISSUE REPAIR

COLLAGEN PRODUCTION

HELPS REDUCE PMS

ANTIMICROBIAL & CHOLESTEROL LOWERING

Allicin benefits.



UPbeetroot[®]

Food grade



**Complete Vitamin
& Mineral
Ingredient**



**Sport supplement
Ingredient**

**Mental boost
Ingredient**



UPpowders[®]

IN & OUT active solutions



Food grade

Product description

PRODUCT CODE:	REM - 02(F)
LEGAL DENOMINATION:	<i>Beta Vulgaris var. conditiva</i>
APPEARANCE:	Dark red powder
FLAVOUR:	Slightly sweet
FRAGRANCE:	Soft

NUTRITIONAL VALUES	/ 100 g
ENERGETIC VALUE	1421 kJ/337 kcal
FATS	3,6 g
OF WHICH SATURATED	0,7 g
CARBOHYDRATES	57,3 g
OF WHICH SUGARS	43 g
DIETARY FIBRE	10,7 g
PROTEINS	13,4 g
SALT	3 g

Reference

Dominguez R, Cuenca E, Maté-Muñoz JL, García-Fernández P, Serra-Paya N, Estevan MC, Herreros PV, Garnacho-Castaño MV. Effects of Beetroot Juice Supplementation on Cardiorespiratory Endurance in Athletes. A Systematic Review. *Nutrients*. 2017 Jan 6

Asgary S, Afshani MR, Sahebkar A, Keshvari M, Taheri M, Jahanian E, Rafeian-Kopaei M, Malekian F, Sarrafzadegan N. Improvement of hypertension, endothelial function and systemic inflammation following short-term supplementation with red beet (*Beta vulgaris* L.) juice: a randomized crossover pilot study. *J Hum Hypertens*. 2016 Oct;30

Carlson JL, Erickson JM, Lloyd BB, Slavin JL. Health Effects and Sources of Prebiotic Dietary Fiber. *Curr Dev Nutr*. 2018 Jan 29

Petrie M, Rejeski WJ, Basu S, Laurienti PJ, Marsh AP, Norris JL, Kim-Shapiro DB, Burdette JH. Beet Root Juice: An Ergogenic Aid for Exercise and the Aging Brain. *J Gerontol A Biol Sci Med Sci*. 2017

Atanor 118, Ltd.

Fontcoberta 31, Barcelona, Spain
atanor118.es



Food supplement benefits



NUTRIENT LOADED, LOW CALORIES

**COMPLETE VITAMIN & MINERAL
INGREDIENT**

HEART HEALTH SUPPORT

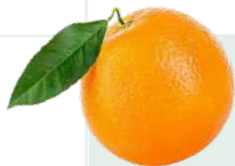
IMPROVES ATHLETIC PERFORMANCE

Boosting cardiorespiratory performance

ANTI INFLAMMATORY

PROMOTES DIGESTIVE HEALTH

IMPROVES COGNITIVE FUNCTION



info@atanor118.es

www.atanor118.es

+34 937 476 369

+34 650 443 596

